

Underarm Basal Temperature Test

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Instructions:

1. Use any Mercury Thermometer. Shake it down **the night before to 96 degrees or less** and put it by your bedside.
2. In the morning, as you wake up, put the thermometer deep in your arm pit for ten minutes and record the temperature. ***Do this before you get out of bed, have anything to eat or drink, or engage in any activity.*** This will measure your lowest temperature of the day, which correlates with thyroid gland function. The normal axillary temperature is 97.8 -98.2 degrees F. We frequently recommend treatment if the temperature averages 97.4 or less. The temperature should be taken for five days. However, if the temperature is 97.0 or less for three consecutive days, you do not need to take the last two temperatures. The axillary (underarm) temperature is used because oral (mouth) temperature does not correlate closely with thyroid function.
3. **For Women,** The temperature should be taken starting the second day of menstruation. That is because a considerable temperature rise may occur around the time of ovulation and give incorrect results. If you miss a day, that is OK, but be sure to finish the testing before ovulation. For men and women who are menopausal, it makes no difference when the temperatures are taken. However, **do not do the test** when you have an infection or any other condition which would raise your temperature.

Rationale:

The Basal Temperature Test reveals the state of internal metabolic heat in the body. This is the base temperature your body's thermostat is set to during rest. The body's control mechanism which we are calling a "thermostat" is the central nervous system combined with the endocrine system—sometimes called the neuroendocrine function. Basal temperature testing has been used to track ovulation and fertility. In natural healing and alternative medicine basal temperature is used to determine metabolic tone and low thyroid function that does not show up on standard testing.

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